Families Making the Connection

Thank a Farmer

Do you know where the food you eat comes from? Chances are there is a connection to a farmer somewhere along the way. As the U.S. celebrates Thanksgiving this month, take an opportunity to learn more about the farmers in your area. You can also reach out to thank them for their hard work. The USDA Know Your Farmer, Know Your Food initiative helps to make connections between farmers and consumers. The North Carolina Department of Agriculture & Consumer Services (NCDA&CS) offers a N.C. Farm Fresh Directory of pick-your-own farms, roadside farm markets, and farmers markets.

Did you know that a growing number of schools are participating in farm to school? The N.C. Farm to School Program, run by NCDA&CS, sold almost \$1.4 million dollars of produce to 80+ school districts last year. Top crops for N.C. schools: apples, berries, sweet potatoes and lettuce. Storybooks, activity guides and posters are available from NCDA&CS that follow N.C. produce from the field to school meals. In addition, fact sheets, lesson plans, bulletin boards and other resources are available from the N.C. Department of Public Instruction, School Nutrition Services.

For resources and info, visit: www.usda.gov/knowyourfarmer www.ncfarmfresh.com www.ncfarmtoschool.com http://childnutrition.ncpublicschools.gov

Menus for November 2015

[Insert name of Local Education Agency] Elementary Schools

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November

- American Diabetes Month
- Good Nutrition Month
- Thanksgiving



Developed by School Nutrition Services, N.C. Department of Public Instruction USDA is an equal opportunity provider and employer. 06/15 http://childnutrition.ncpublicschools.gov